



3840BL

by TAYLOR.

Nutritional Scale Instruction Manual



CUSTOMER SERVICE INFORMATION PLEASE READ!

For your questions regarding this product,
please contact us at:

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Las Cruces, New Mexico 88001
1-866-843-3905
www.taylorusa.com

Please contact us before returning to retailer.

For more information on NBC's The Biggest Loser, or to join The Biggest Loser Club, please visit the official Biggest Loser website at www.nbc.com/The_Biggest_Loser.com or www.biggestloserclub.com. Get a free diet profile at www.biggestloserclub.com.

When following The Biggest Loser® lifestyle, it is important to know the real nutritional value of the food that you eat. Whether you follow The Biggest Loser® diet plan to reduce weight or are simply aiming to eat more healthily, knowing the exact nutritional information by your portion sizes will arm you with accurate information. The Biggest Loser® Nutritional Scale by Taylor® contains a comprehensive built-in nutritional database of over 1,400 analyzed foods. The foods in this database have been analyzed according to the following eleven nutrient types: calories, protein, carbohydrates, total sugar, total fat, saturated fat, fiber, sodium, cholesterol, net carbohydrates, plus Glycemic Index (GI) values.

This Taylor® nutritional scale requires no separate reference book, table or numerical food codes, so it is very easy and quick to use. It has a feature that allows you to keep a cumulative record of your total nutritional intake throughout the day or week, up to 7 days. Apart from the extensive 1,400 plus foods in the database, this scale enables you to input data for up to fifty additional food types.

This scale can also be used as a conventional scale for everyday weighing and measuring. This integrated kitchen scale is simple to use and fully equipped with the 'Add & Weigh' (to weigh multiple ingredients) and 'Aquatronic™' (to weigh both dry and liquid ingredients) features.

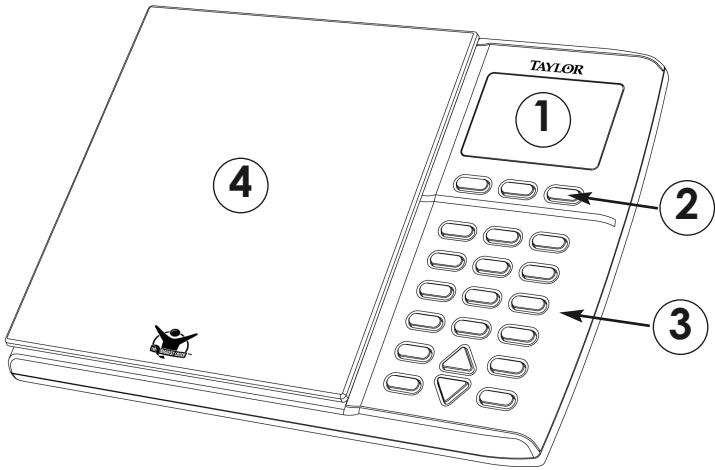
This Taylor® nutritional scale also has these following key features:

- Quick search, a function that allows you to easily find the last twenty foods you analyzed.
- User memory, which allows user to record nutritional intakes for up to 7 days.
- US/UK food database selector switch, allowing the user to find foods that are common to each culture/country.
- Glass platform for easy cleaning and resists staining and flavor carry-over.
- 4 AA batteries, which are supplied with the scale for instant use.
- Maximum capacity of 7 lb x 1/8 oz / 3000 g x 1g / 105 fl oz x 1/8 fl oz / 3000 ml x 1 ml.

OPERATING INSTRUCTIONS

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Diagram 1



KEY TO DIAGRAM 1 :

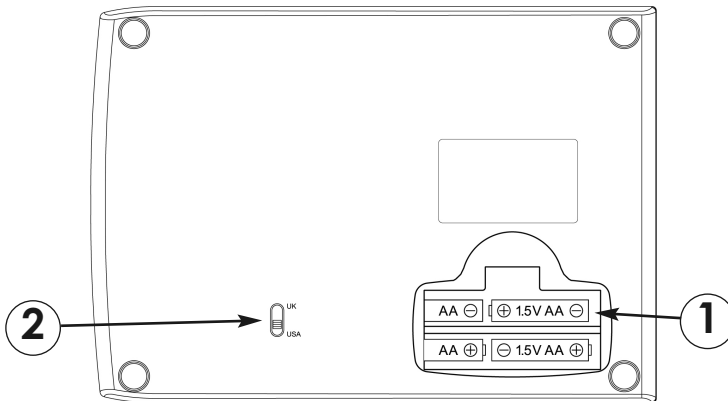
1. Interactive LCD readout
2. ON/OFF power key
3. Multi-function keys and alphanumeric keypad (see Diagram 3)
4. Glass weighing platform

NOTE: THE INFORMATION PROVIDED BY THIS PRODUCT SHOULD BE USED IN CONJUNCTION WITH PROFESSIONAL DIETARY ADVICE. ALWAYS CONSULT YOUR DOCTOR BEFORE STARTING A WEIGHT LOSS AND/OR EXERCISE PROGRAM.

1. GETTING STARTED

- a) Insert the 4 AA batteries into battery compartment according to the polarity symbols (+ and -) marked in the compartment.
- b) Use the switch on the base to select USA or UK database.
- c) Place the scale on a firm, level surface. Uneven surfaces may affect accuracy.
- d) If using a bowl or other container (not included), choose a container that will safely balance on the platform without tipping or falling. Do not use a heavy container, as this might reduce the maximum capacity of the scale.

Diagram 2



KEY TO DIAGRAM 2:

- 1. 4 x AA battery compartment
- 2. UK/US food database selector switch

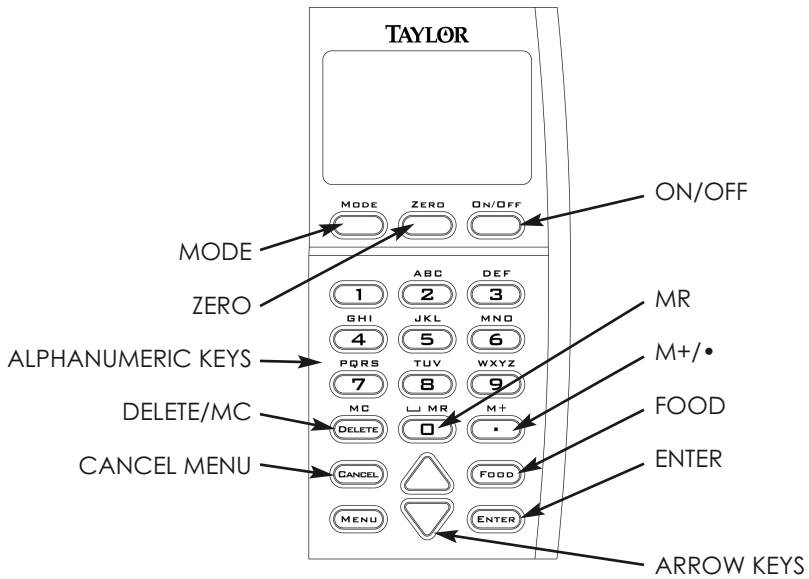
2. GENERAL WEIGHING OPERATION

- a) Press the ON/OFF key to turn the scale on. If using a bowl or other container (not included), place the bowl on the scale before turning it on to zero out the weight of the bowl. You may also press the ZERO key to reset the scale to zero.
- b) Your scale is set at the factory to weigh in pounds/ounces (lb:oz). To switch to grams (g), fluid ounces (fl.oz), or milliliters (ml), press the "MODE" key. The current units of measurement are indicated above the weight reading. For your convenience, the scale has a 'weight mode' memory, so when the scale is next switched on, it will continue to use the weight units last selected.
- c) Place the item to be weighed onto the platform (or in the bowl). The weight will display. As you add weight, the weight displayed increases.
- d) 'Add & Weigh' feature: To weigh several ingredients together, press the ZERO key to reset the display to zero between each ingredient. For example, if a recipe calls for ½ lb rice and ½ lb beans, place the rice into the bowl. Once the correct amount of rice is weighed, press the ZERO key until the display resets to zero. Add ½ lb of beans. Both ingredients have been accurately weighed in the same bowl.
- e) When weights have been zeroed out, the display will show dashes ("----") and "NEGATIVE LOAD" when the items are removed from the scale. To reset the scale back to zero for a new measurement, press the ZERO key until the display resets to zero.
- f) The scale will turn off automatically after 5 minutes of nonuse. To conserve battery power, press and hold the "ON/OFF" key for 2 seconds to turn the scale off manually.

TIP: The liquid measure (Aquatronic™) feature is suitable for all water based liquids, e.g. wine, milk, stock, cream etc. Please be advised that oils have a significantly lower specific gravity and would give a reading of approx. +10%. Please adjust your recipe by this proportion when measuring oils on this scale.

3. KEYPAD

Diagram 3



MODE – changes weighing units of measurement

ZERO – resets scale to zero between weighing of ingredients

ON/OFF – turns scale on and off

ALPHANUMERIC KEYS – use to search for foods, enter data

DELETE/MC – delete a letter, clear user-added foods from memory

MR – view nutritional values in memory

M+/- - save nutritional values in memory

CANCEL – cancels current operation

MENU – access user-added food menus

FOOD – access food database

ENTER – confirms displayed selection

ARROW KEYS – scroll to foods/options

4. ANALYZING YOUR FOODS

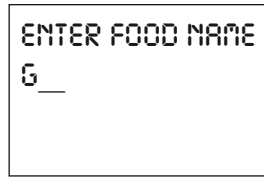
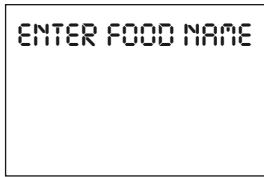
This scale uses an alphanumeric keypad to search for foods, eliminating the need to refer to a separate food code list. The alphanumeric keypad operates in a similar way to the keypad on a mobile phone. The majority of the alphanumeric keys have three or four letters and one number assigned.

To analyze a food:

- a) Turn the scale on.
- b) Press the "FOOD" key. "ENTER FOOD NAME" appears.
- c) Press the key with the first letter of the desired food. (Each key controls 3-4 letters). Continue to press that key until the letter you want appears on the screen. Release the key. (**Note:** If you make an error or wish to search for another letter, press "DELETE", then select another letter.)
- d) The first alphabetical food appears on the screen. For example, the first item in the "G" database is Garlic.
- e) Press the key with the second letter of the desired food. The display will scroll to the first food with those two letters. For example "GR" displays Granola Cereal.
- f) Continue to press the keys in this manner until the desired food appears. Alternately, simply press the (▲) or (▼) key to scroll through the foods starting with the first letter.
- g) Press "ENTER" to select a displayed food. Wait for the "Weighing" screen (0.0) to appear.
- h) Press "MODE" to change weight measurements if necessary (lb:oz, ml, fl.oz, g).
- i) Place the food to be weighed on the scale. The weight will display. Please allow a few seconds for the scale to calculate the nutritional values.
- j) The scale beeps. Press the (▲) or (▼) key to view the nutritional values.
- k) Press Cancel once to return to food name screen. Press Cancel again to return to the "Enter Food Name" screen. Press a third time to return to the basic weighing screen.

TIPS:

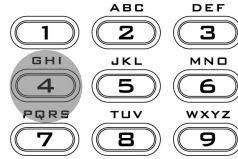
1. If while using the keypad to search for a food and a cursor line (_) appears next to the letter, the scale is prompting for the next letter of the food name. Press the DELETE key to back up to the first letter if needs to be changed.
2. A space can be entered between words by using the 0 key.
3. To find foods quickly, type the most specific word to describe the food; for example, if searching for EDAM CHEESE; typing the word EDAM will find the food faster than typing the word CHEESE. The reason for this is that CHEESE has many variations and you will have to scroll through the CHEESE list to find CHEESE EDAM, which may be more time consuming!
4. If a typed food is not in the database. For example, there is no food that starts with "Pw", the scale will beep and back up to a cursor. Continue to type in a correct letter.
5. Press CANCEL to cancel an operation and return to the previous step. (Example: return to basic weighing mode rather than food analyzing mode.) Continue to press CANCEL until the scale returns to the screen you wish to view.
6. When you need to enter numerical data (such as nutritional values), the keypad will automatically switch to 'numbers only'.
7. Some of the nutritional categories may appear blank if data is unavailable for that particular food.
8. You may add or remove food from the scale any time. Please allow the scale a few seconds to re-calculate the nutritional values. The scale will beep twice when the nutritional values are updated and the scale is ready for use again.



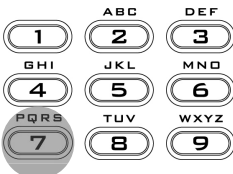
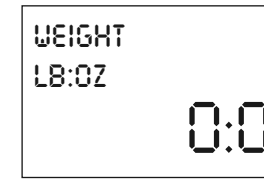
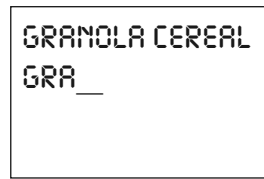
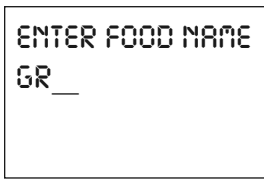
Press ON/OFF



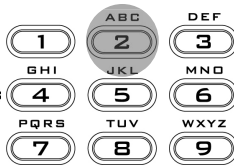
Press FOOD



Press 1st letter of food



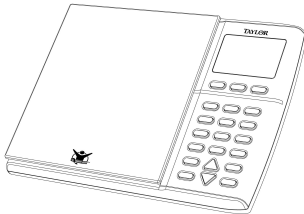
Press 2nd letter of food



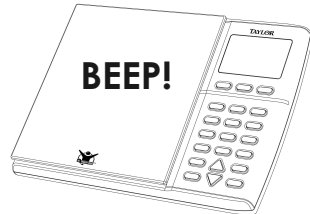
Repeat for other letters or scroll with **ARROWS**



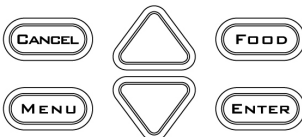
When food displays, press ENTER. Wait for weighing screen



Place food on scale. Weight displays



Scale beeps

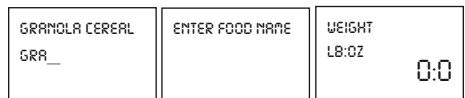


Press "▲" or "▼" to see nutritional values

1st Press

2nd Press

3rd Press



Press CANCEL to return to previous screens

5. ADDING NEW FOODS

This Taylor® scale allows you to add up to 50 additional foods to suit your personal needs. For example, if you have a favorite breakfast cereal that is not listed, you can use the nutritional values printed on the cereal box to add this food to the database.

To add a new food:

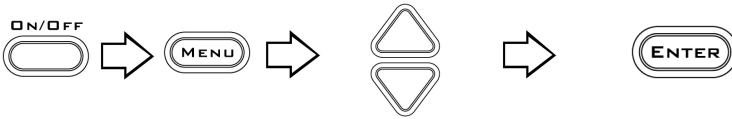
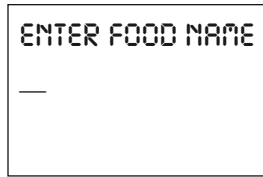
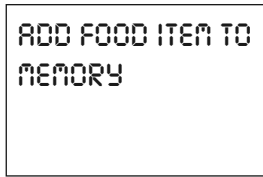
- a. Turn the scale on. Be sure the scale is in weighing mode ("WEIGHT" shows on the display).
- b. Press "MENU".
- c. Use the arrow keys or MENU key to scroll to "ADD FOOD ITEM TO MEMORY" and then press ENTER. "ENTER FOOD NAME" appears.
- d. Using the keypad, enter a name for the new food (see Note i below), then press ENTER.
- e. You will be prompted to type in the values for each nutritional category, beginning with CALORIES. Type in the numerical value and press ENTER. Repeat with the other nutritional categories.

Note: the last category is GI VALUE. Select a value by pressing these numbers: High = 4, Medium = 6, Low = 5.

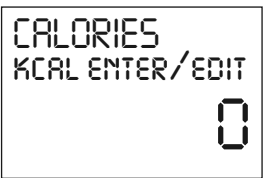
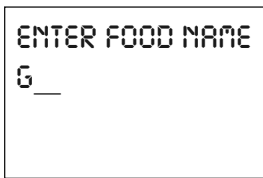
- f) After entering the GI Value and pressing ENTER, the screen shows "ITEM ADDED", then returns to the "ADD FOOD ITEM TO MEMORY" screen. The new food has been added.
- g) To exit the Add screen, press (▲) or (▼) until "EXIT MENU" appears, then press ENTER. The scale returns to the weighing screen.

IMPORTANT: The nutritional values must be entered as per 100g of food or product. All nutritional labels include the corresponding grams to the serving size. You may need to calculate the 100g portions manually first before entering into the scale. For the G.I Value, use the appropriate alphabet keys to enter L (5) for Low, M (6) for Medium, H (4) for High, and DELETE for not available.

View complete Food Database for Taylor Model 3840 at taylorusa.com.



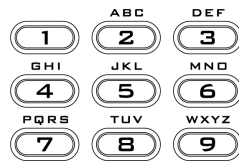
Press ON/OFF Press MENU Press "▲" or "▼" for Add screen, then ENTER



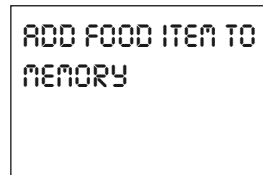
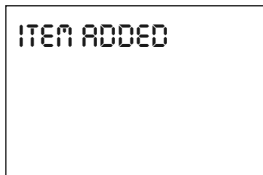
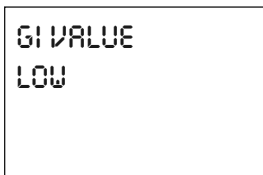
Use keypad to name food



Press ENTER

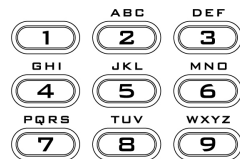


Use keypad to enter values then press ENTER



Press ENTER after last screen

New food added to memory



Repeat with to add other foods, or press arrows to scroll to exit menu, then press ENTER.

Note:

- i. The FOOD NAME you choose is limited to 15 characters including spaces. Each food name must be unique; you cannot enter two food items with the same name.
- ii. Wait for a cursor line (_) to appear before typing in the next letter in a food name.
- iii. If data is not available for some of the categories, simply leave them as zero.
- iv. An asterisk (*) to the left of a food name indicates a user added food.

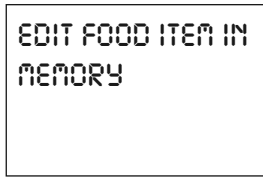
TIP: Please take particular care when entering the value for sodium. You need to enter your food in 'mg' of sodium. Some food manufacturers quote 'mg' of sodium and others quote 'g' of sodium. To convert from 'g' to 'mg', multiply by 1000. For example, 0.5g sodium = 500mg sodium.

6. EDITING USER-ADDED FOOD ENTRIES

If you need to edit any of the foods that you have manually added to the database, follow the instructions below:

- a) Turn the scale on. Be sure the scale is in weighing mode ("WEIGHT" shows on the display).
- b) Press "MENU".
- c) Press "▲" or "▼" until EDIT FOOD ITEM IN MEMORY appears, then press ENTER.
- d) Use the keypad to type the name of the food to be edited, or press "▲" or "▼" to scroll to the food, then press ENTER.
- e) Edit the name of the food (if required) by pressing DELETE to back-space, then retyping the name. Then press ENTER. The Calories screen appears.
- f) Enter the new calories, or press ENTER to scroll to the next screen.
- g) Continue to press ENTER after editing the values on each screen. If a value does not need to be changed, just press ENTER to accept the current value.
- h) After pressing ENTER on the last screen (GI Value), the scale beeps and "PRESS ENTER TO CONFIRM CHANGES" appears. Press ENTER to confirm (or CANCEL to cancel changes).
- i) The scale returns to the EDIT FOOD IN MEMORY screen.
- j) To exit the Edit screen, press "▲" or "▼" until "EXIT MENU" appears, then press ENTER. The scale returns to the weighing screen.

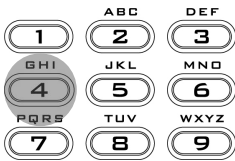
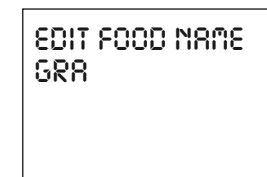
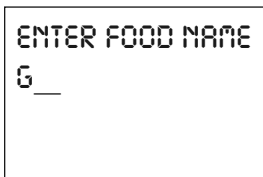
Please note: Only foods manually added may be changed. The original foods in the database may not be changed.



Press ON/OFF

Press MENU

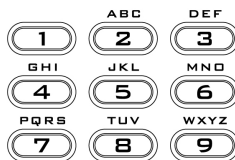
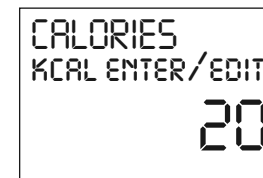
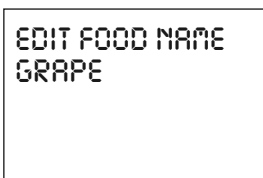
Press "▲" or "▼" for Edit screen, then ENTER



Use keypad to choose food

Press ENTER

Press DELETE to backspace then retype name



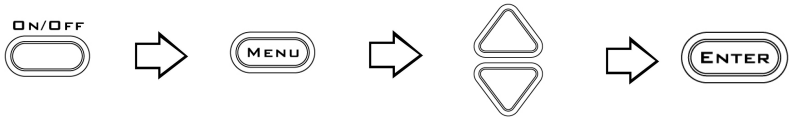
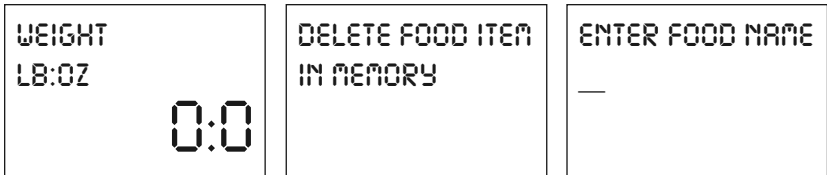
Press ENTER to change food name.

Use keypad plus ENTER to re-enter values

After last screen scale beeps. Press ENTER to confirm changes. Item is updated.

7. DELETING USER-ADDED FOOD ENTRIES

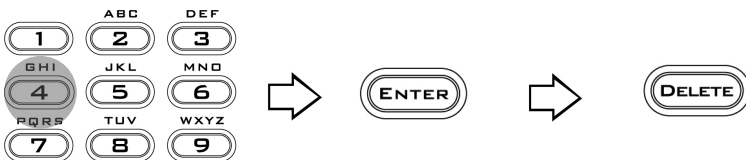
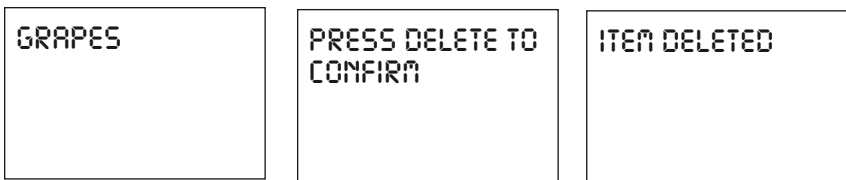
- Turn the scale on. Be sure the scale is in weighing mode ("WEIGHT" shows on the display).
- Press "MENU".
- Press "▲" or "▼" until DELETE FOOD ITEM IN MEMORY appears, then press ENTER.
- Type the name of the food to be edited, or press "▲" or "▼" to scroll to the food, then press ENTER. "PRESS DELETE TO CONFIRM" appears.
- Press DELETE to delete the food, or CANCEL to cancel the operation.
- To exit the Delete screen, press "▲" or "▼" until "EXIT MENU" appears, then press ENTER. The scale returns to the weighing screen.



Press ON/OFF

Press MENU

Press "▲" or "▼" for Delete screen, then ENTER



Use keypad or Arrows to choose food

Press ENTER

Press DELETE to confirm

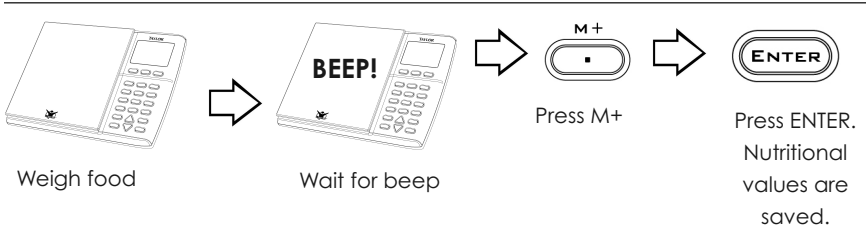
8. MEMORY FUNCTIONS

To help you keep a precise record of the total nutritional value of the food you eat, and monitor your nutritional intake, this Taylor® scale has some unique memory functions.

a) Saving Nutritional Values into Memory

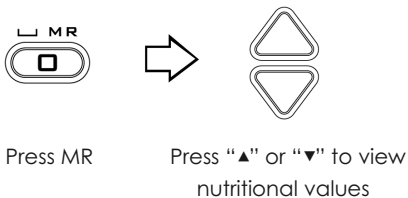
After following the instructions in the 'ANALYZE YOUR FOODS' section, you can choose to add the nutritional values of the food being weighed into memory. This can help you keep track of what you have consumed, up to 7 days.

1. Select food name and weigh food as previously described. Wait for the scale to beep.
2. Press the M+ key. The scale shows "PRESS ENTER TO ADD TO MEMORY".
3. Press ENTER. "ITEM ADDED" appears. The nutritional value of the food is saved.
4. Repeat for additional foods. The scale will save values for up to 7 days.
5. Press CANCEL to return to the weighing screen.



b) To See Nutritional Values Saved in Memory

1. Press the MR key while the scale is in weighing mode ("WEIGHT" shows on the display).
2. Press "▲" or "▼" to view the total of your nutritional intake values recorded so far.
3. Press CANCEL to return to the weighing screen.



TIPS

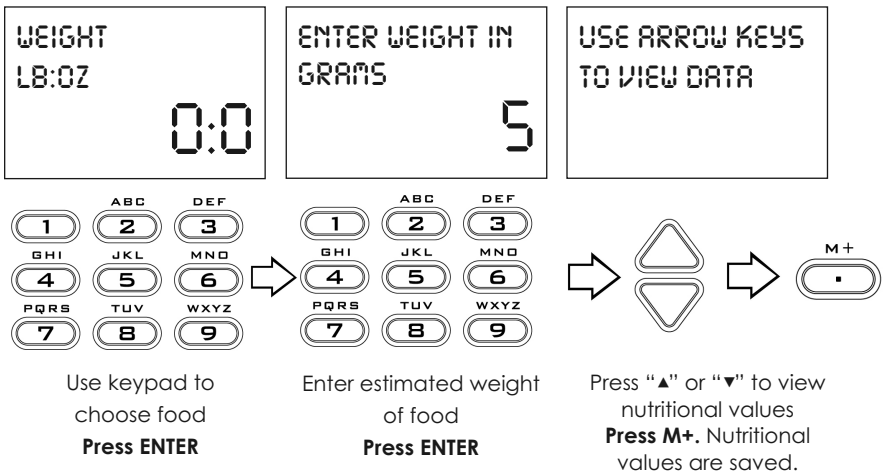
- i. It is not possible to total G.I values, so that screen will not appear.
- ii. A * symbol on the screen indicates that the nutritional value is unavailable.
- iii. Please note the memory is cumulative – for example, if 4 foods have been saved into memory, the scale will show the nutritional values of the 4 foods added together. It is not possible to view a previous total or an individual food.

c) Adding Foods to Memory at a Later Time

If you are unable to use your Taylor® scale just before you eat certain foods, such as while eating at a restaurant, do not worry. This scale has a feature that allows you to add your foods in your own time without actually weighing the food. You can do this by following the instructions below:

1. As described in the ANALYZING YOUR FOODS section, use the key pad to display a food and press "ENTER" to select.
2. Do not put anything on the scale. Wait for the weighing screen to appear. Estimate the weight of the food you wish to record in grams.
3. Manually enter the estimated weight by pressing the appropriate numbers on the key pad. Press ENTER.
4. View the nutritional values by UP or DOWN arrow key.
5. Press M+ to add this food to memory.

TIP: 1oz = approximately 28g



d) Clearing Foods from Memory

1. To clear the last saved food from memory, press the "MC key". The 'CLEAR LAST' and 'CLEAR ALL' options appear on the screen. 'CLEAR LAST' will delete only the last item saved from memory. 'CLEAR ALL' will remove every food saved from memory.
2. Press "▲" or "▼" to move to an option. A "<" icon indicates which option is highlighted.
3. Press ENTER to clear the food or foods from memory. Press DELETE to confirm.



Press MC

Choose "CLEAR LAST" or
"CLEAR ALL"

Press ENTER

Press DELETE

TIP: If you are using the memory function to add up your total nutritional intake over the course of one day; be sure to clear the memory each morning before inputting a new days food intake. If preferred, you can record your total nutritional intake for a longer period, up to maximum of 7 days. The memory feature may only be used for a maximum of 7 days at a time.

9. POWER SAVE FEATURE

To preserve battery power, the scale has an auto-off feature. The scale will turn off automatically if the scale has not been in use for 5 minutes. Switching the scale off manually will help to further extend battery life. To switch the scale off manually, press and hold the ON/OFF key for 2 seconds.

All data entries are retained when the scale switches off both manually and automatically.

10. BATTERY REPLACEMENT

The display will show a BATTERY LOW message when the batteries need replacing. Switch the scale off, then remove the old batteries and replace with four brand new AA size batteries (choose alkaline batteries for improved battery life). The battery compartment is situated in the base of the scale and is marked to show the correct orientation of the + and – battery terminals.

Note: All saved data will be retained while batteries are changed.

11. NUTRITIONAL INFORMATION

Sources of Nutritional Data:

- a) USDA National Nutrient Database for standard Reference, Release 17
- b) International table of Glycemic Index and Glycemic Load Values: 2002 (Am J Clin Nutr 2002; 26:5-56).

Note:

- i. The 'net carbs' value is calculated as 'net carbs' = carbohydrate – fiber.
- ii. The G.I. value is also known as Glycemic Index. This is a numerical index relating to carbohydrate-rich foods based on the average increase in blood glucose levels occurring after the food is eaten.

12. CARE, PRECAUTIONS AND WARNINGS

Warning messages:

“Overload” indicates that the maximum weighing capacity of the scale has been exceeded. Remove the weight immediately; otherwise, permanent damage could occur.

“Negative load” indicates items have been removed from the platform after their weights have been zeroed out. Press ZERO to reset the scale to zero.

1. Clean exposed parts with a soft, slightly damp (not wet) cloth. To remove stains, use a mild soap. Never use detergents, excess water, treated cloths, harsh cleaning agents, or sprays. Avoid contact with acids, such as citrus juices.
2. Do not tamper with the scale's internal components. Doing so will invalidate the warranty on this unit and may cause damage. The scale contains no user-serviceable parts.
3. Although your scale is designed to be maintenance-free, it contains sensitive electronic parts. Avoid rough treatment. Treat it with care to ensure the best performance.
4. This scale is intended for home/consumer use only. It is not intended for commercial or medical use.
5. This scale is designed to read weights up to 6 lbs 10 oz /3 kgs. To prevent damage, do not place more than 6 lbs 10 oz /3 kgs on it.
6. Do not store scale where you store cleaning chemicals. The vapors from some household products may affect the electronic components of your scale. Do not store scale on its side.
7. This scale is an extremely sensitive weighing device. In order to prevent run down of the battery, do not store anything on the scale.
8. Do not dispose of batteries in fire. Batteries may explode or leak. Always replace all batteries at the same time; do not combine old and new batteries. Do not mix Alkaline, carbon zinc (standard) or Nickel-Cadmium (rechargeable) batteries. Remove the batteries if the scale will not be used for a long period of time.

FIVE YEAR LIMITED WARRANTY

Taylor® warrants this product to be free from defects in material or workmanship for five (5) years for the original purchaser from date of original purchase. It does not cover damages or wear resulting from accident, misuse, abuse, commercial use, or unauthorized adjustment and/or repair. If service is required, do not return to retailer. If service is required, do not return to retailer. For service call 1 (866) 843-3905 from 7:30 am to 4:30 pm, Mountain Standard Time, Monday through Friday. To assist us in serving you, please have the model number and date of purchase available.

Should this product require service (or replacement at our option) after contacting customer service, please pack the item carefully and return it prepaid, along with store receipt showing the date of purchase and a note explaining reason for return to:

**Taylor Precision Products
2220 Entrada Del Sol, Suite A
Las Cruces, New Mexico 88001
USA**

There are no expressed warranties except as listed above. This warranty gives you specific legal rights, and you may have other rights which vary from state to state.

For additional product information, or warranty information in Canada or elsewhere outside the USA, please contact us through www.taylorusa.com

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